

Why Onero for osteoporosis?



Is exercise effective therapy for osteoporosis?



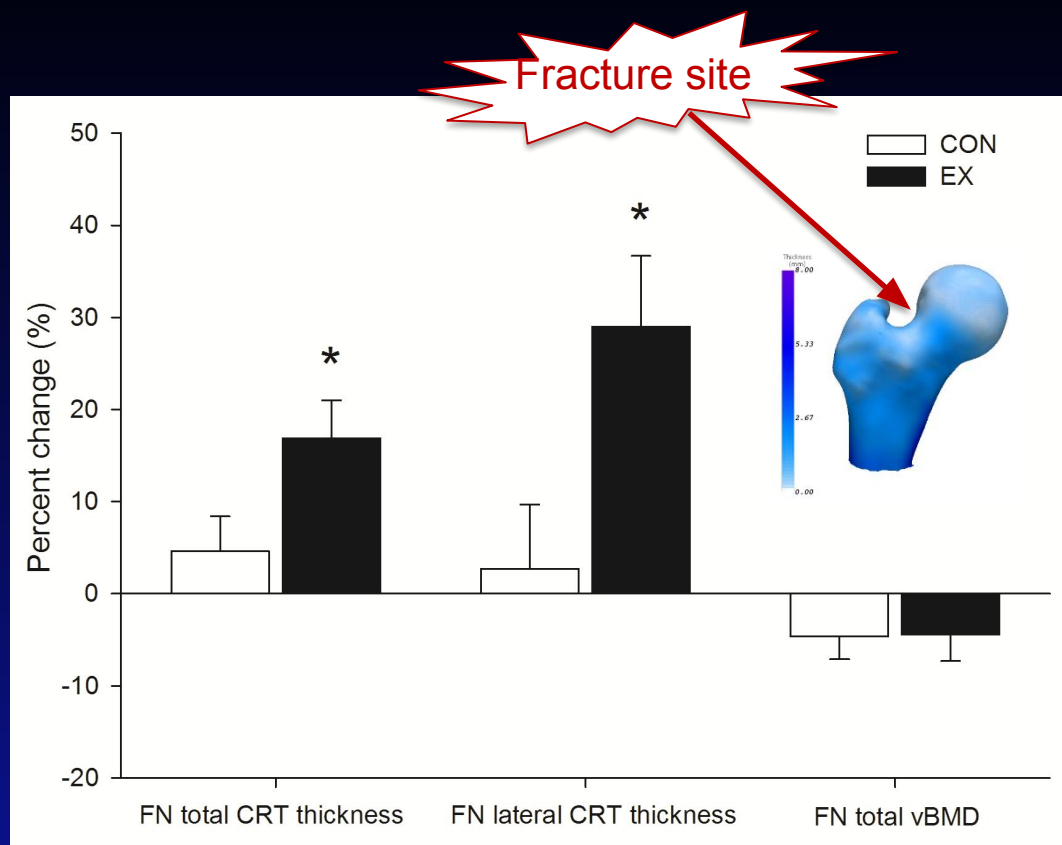
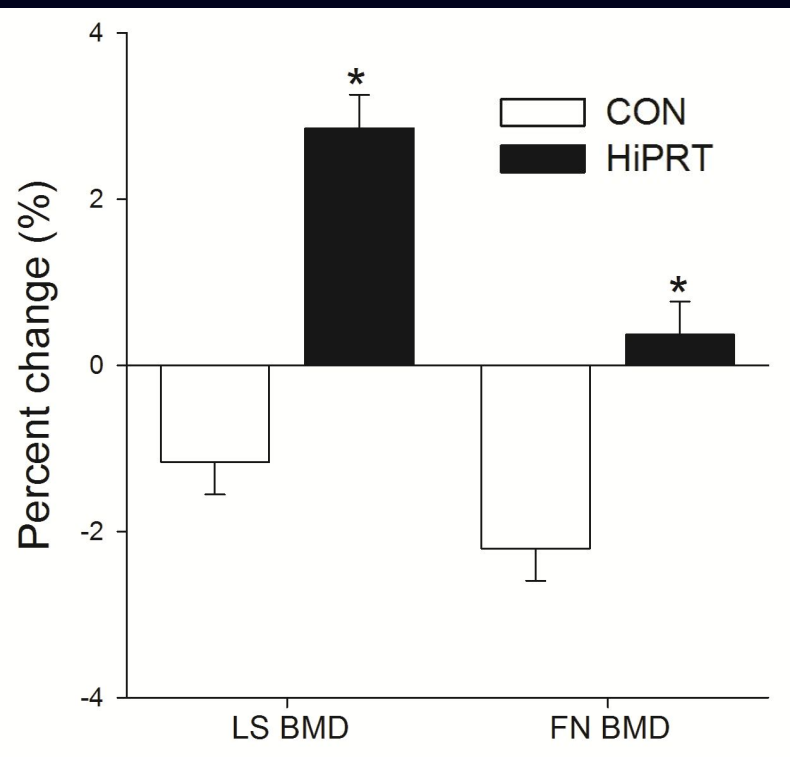
Bolognese et al., 2013; Mandema et al., 2014; Miller et al., 2016; Cosman et al., 2016; Zhao et al., 2015

LIFTMOR trial

Participants baseline characteristics

Parameter	CON (<i>n</i> = 51)	HiRIT (<i>n</i> = 48)	<i>p</i>
Age (years)	65 ± 5	65 ± 5	0.988
Weight (kg)	62.3 ± 9.6	63.4 ± 10.7	0.596
Height (cm)	162.0 ± 6.4	161.9 ± 5.2	0.919
LS BMD (g/cm ²)	0.818 ± 0.108	0.819 ± 0.106	0.969
LS T-score	-2.12 ± 0.81	-2.10 ± 0.80	0.928
FN BMD (g/cm ²)	0.681 ± 0.062	0.697 ± 0.083	0.264
FN T-score	-2.1 ± 0.5	-2.0 ± 0.7	0.214

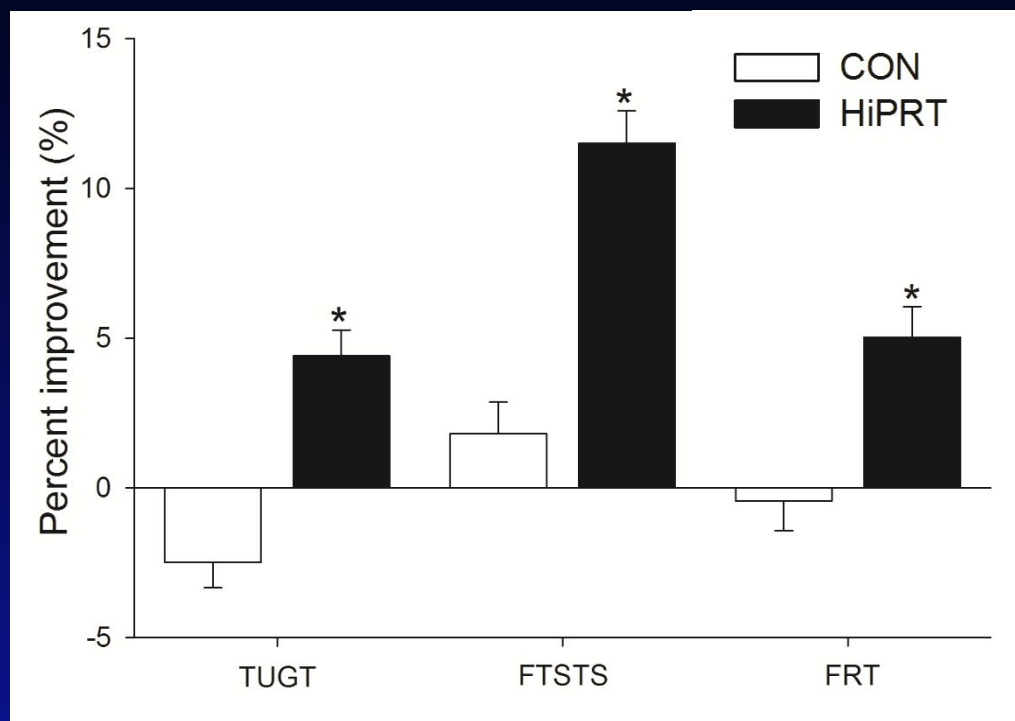
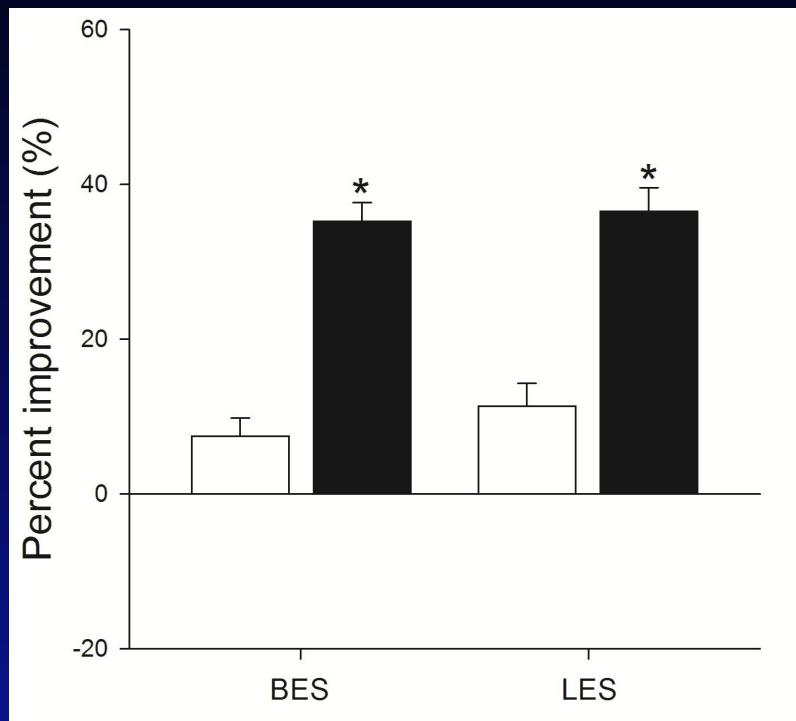
Results – Bone mass and geometry



* Between group difference ($p < 0.001$)
‡ Within group difference ($p < 0.01$)

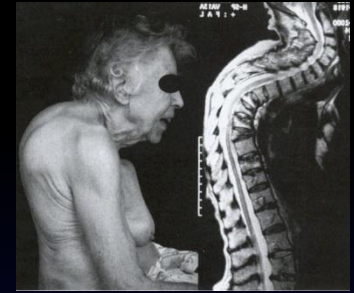
Results – Function

BES back extensor strength, LES Leg extensor strength, TUGT timed up and go test, FTSTS 5 times sit to stand test, FRT functional reach test

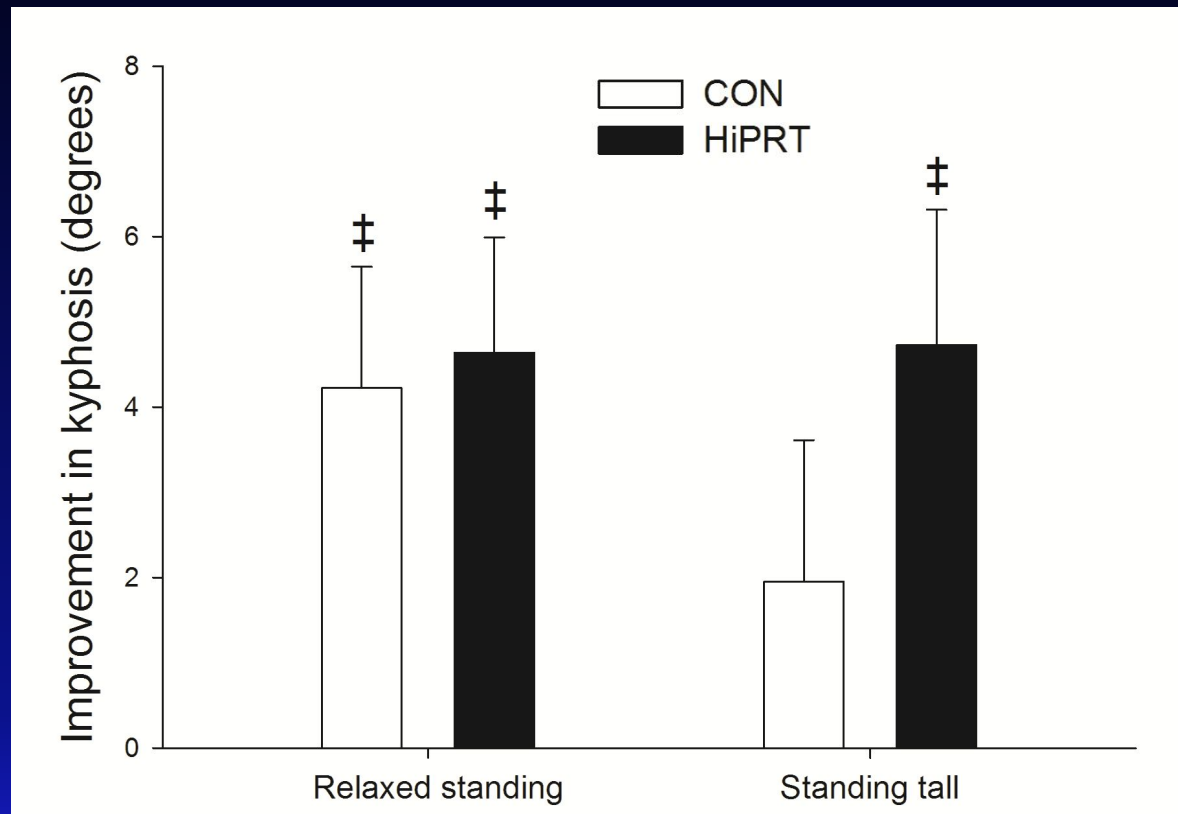
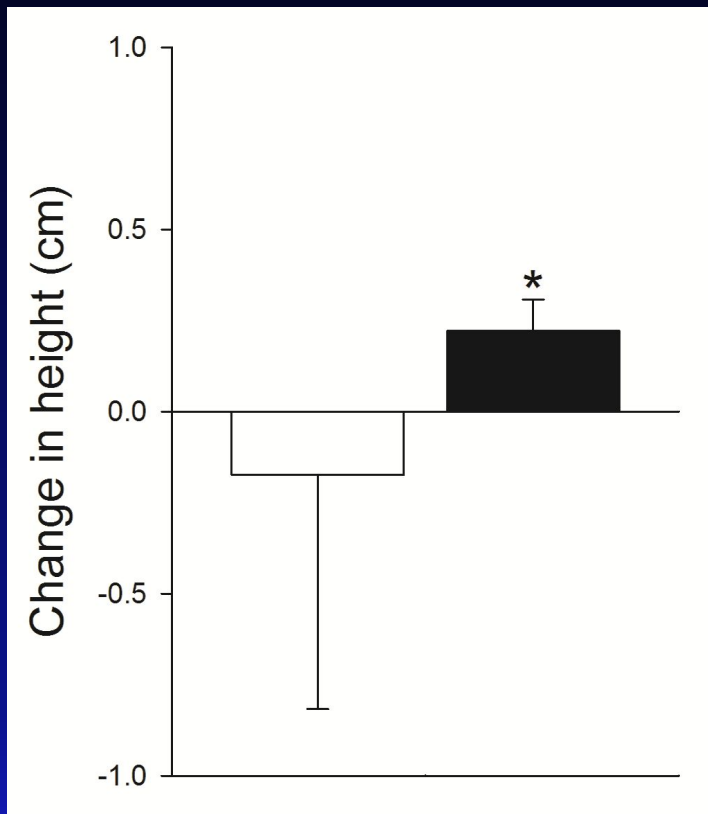


* Between group difference ($p < 0.001$)

Results – Height / kyphosis



- * Between group difference ($p < 0.001$)
- ‡ Within group difference ($p < 0.01$)



The Bone Clinic

Assess

- Baseline assessment (GPMP)
- Diet assessment

Train

- Twice-weekly training
- Educational seminars

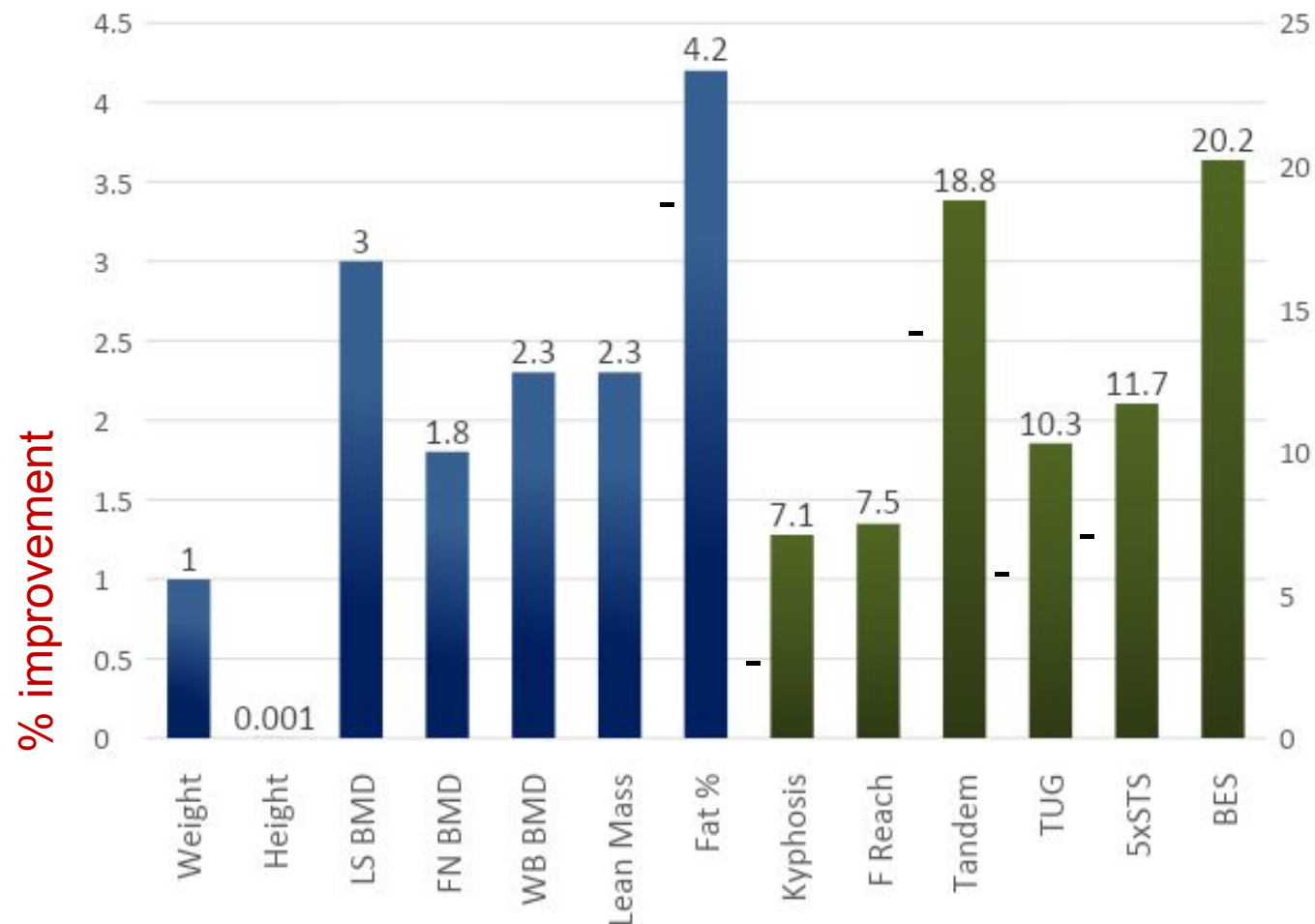


L. Onero, overload

Assess

- 12 month follow-up assessment

Onero outcomes (n=415)

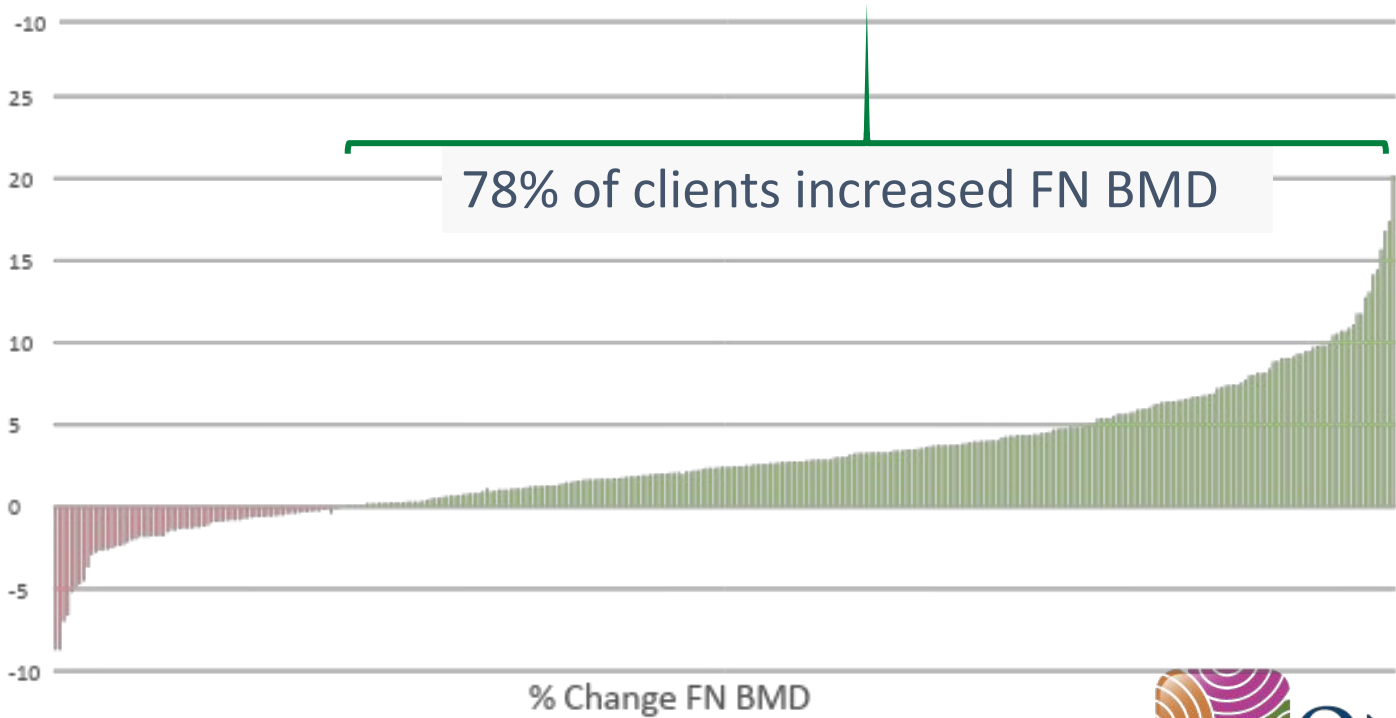
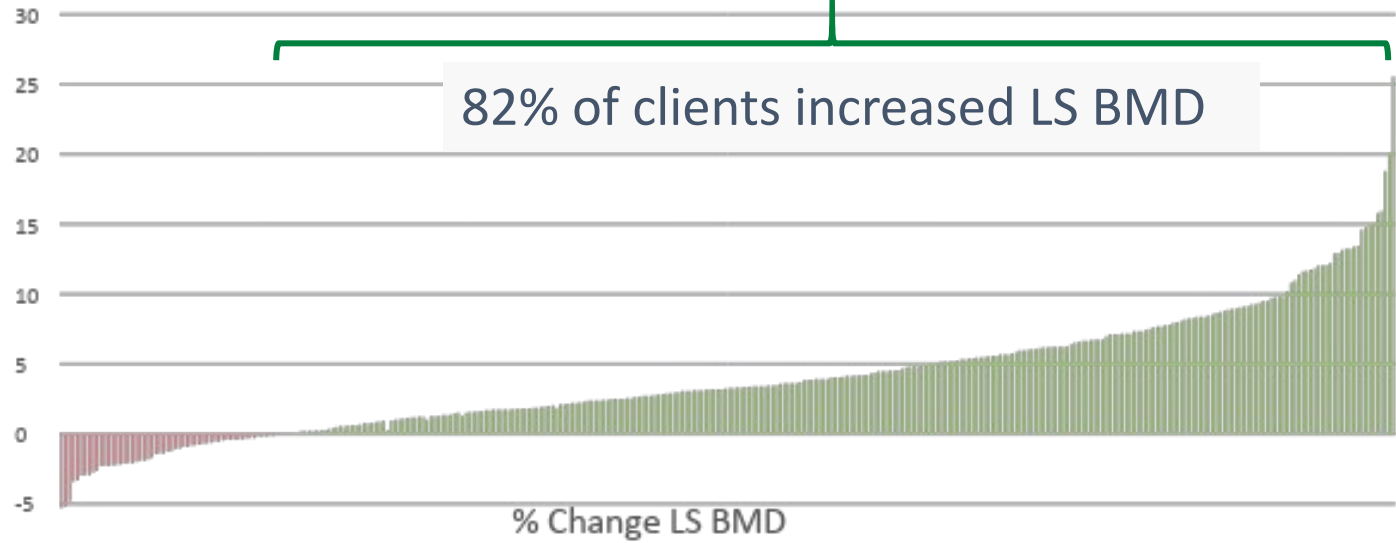


Mean % improvement in bone and functional outcomes after 12m supervised HiRIT

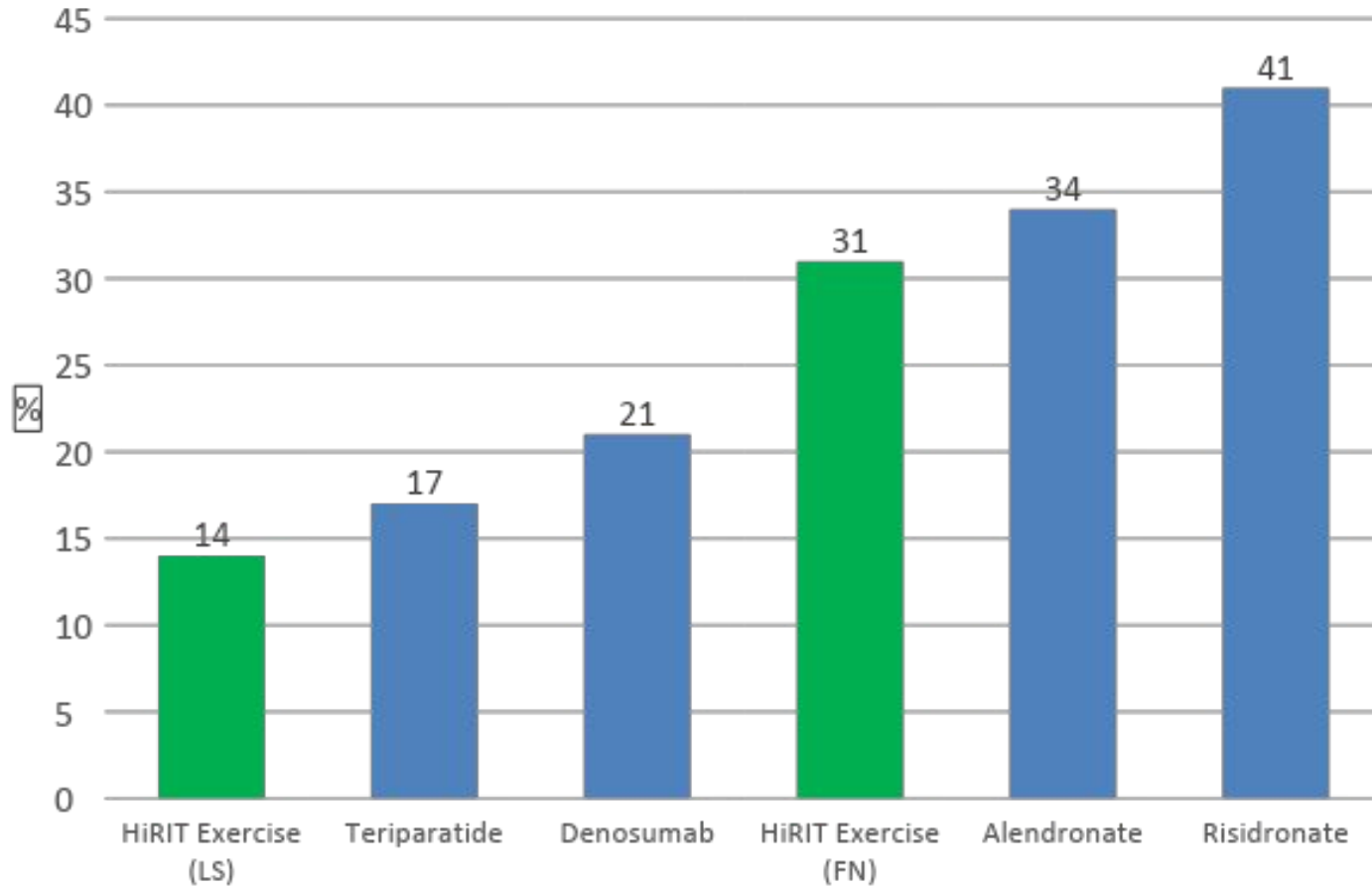
LS lumbar spine
 FN femoral neck
 WB whole body,
 T total
 BMD bone mineral density
 F Reach functional reach
 TUG timed up and go,
 STS sit to stand
 BES back extensor strength

Responders v non-responders

% change BMD



Percent non-responders: Onero exercise vs medications



Finding an ONERO™ provider



Onero™ Licensee map <https://onero.academy/locations/>

**Supervised
Exercise Program**

Healthy Bones Australia has aligned with an accredited exercise program called ONERO. This approach to training is based on research studies conducted in women and men with osteoporosis.

Visit ONERO Today

